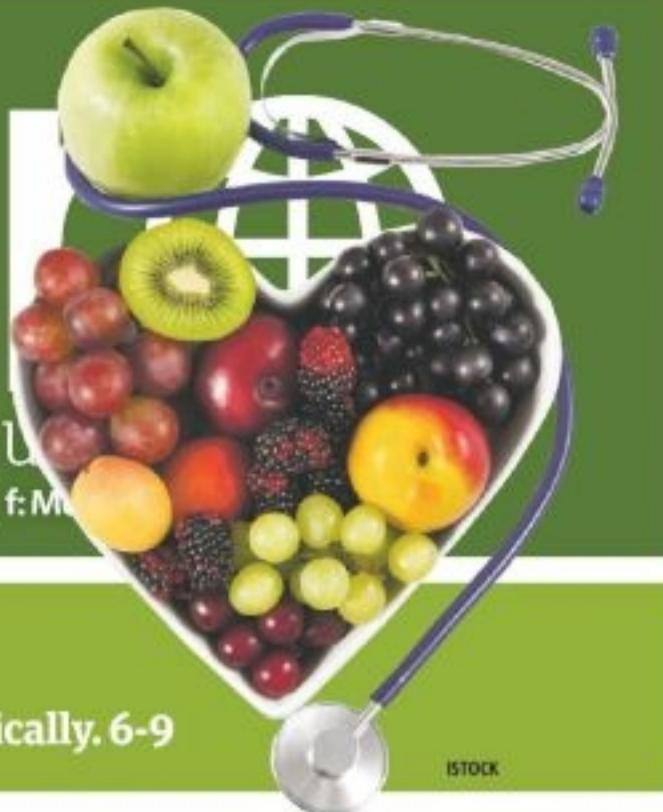


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ISTOCK

HEALTH GUIDE

Our tips for stopping eating meat, shopping ethically. 6-9

Greta Kline of Frankie Cosmos on slowing down (to a point). 10-11

Patriots undefeated season chatter is legit. 12-13

Cokie Roberts

The legendary journalist and political commentator is dead at 75. 2

1943-2019

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4 THINGS TO KNOW

1



US journalist Cokie Roberts, a 'founding mother' of NPR, dead at 75

"Trusted voice" Roberts rose to prominence in a field dominated by men.

American journalist Cokie Roberts, regarded by National Public Radio as one of its "founding mothers" and a prominent political commentator on ABC News, died on Tuesday at 75 at her Washington home from complications of breast cancer, her family said in a statement.

Roberts worked in radio as a foreign correspondent for CBS and a congressional correspondent for NPR in the 1970s. She went on to become a prominent political com-

"I don't just see this role of women as caretakers in the world that I cover, I see it in the world I live in."

Cokie Roberts, Wellesley College commencement speech (1994)

mentator on ABC News, serving as the network's chief congressional analyst.

NPR President Jarl Mohn called the Emmy Award winner one of NPR's "founding mothers" in a statement, describing her as "the trusted voice that Americans count on when political news

breaks."

She was born Mary Martha Corinne Morrison Claiborne Boggs on December 27, 1943, to a prominent political family in Louisiana. She got her nickname Cokie from her brother, who struggled to pronounce "Corinne" when they were children.

Her father, Thomas

Hale Boggs, was a major force in New Orleans Democratic politics who served in the U.S. House of Representatives for 25 years and became majority leader in the early 1970s when his party ran the chamber. After his plane disappeared over Alaska in October 1972, her mother, Lindy Boggs, was elected to his seat and served through the end of 1990.

Roberts rose to prominence at a time when broadcast news and political analysis was mostly presented by men.

Two of Roberts' journalistic subjects, former U.S. President George W. Bush and his wife, Laura Bush, noted her drive and hu-

mor in a joint statement.

"She covered us for decades as a talented, tough, and fair reporter," their statement said. "She became a friend."

Roberts won numerous awards for her work, including three Emmys. In 2008, the Library of Congress recognized her as a "Living Legend."

Roberts wrote several books about overlooked women in American political history, including "Founding Mothers," about the wives and other female relatives of the men who helped create the American republic. Her last book, published in 2015, was "Capital Dames: the Civil War and the

Women of Washington, 1848-1868."

She often spoke of women as playing a civilizing role in society.

"I don't just see this role of women as caretakers in the world that I cover, I see it in the world I live in," she said in her commencement speech at Wellesley College, her alma mater, in 1994. "Slowly, slowly, slowly but definitely, the workplace is becoming a more humane place because of the presence of women."

She is survived by her husband of 53 years, Steven Roberts, two children and six grandchildren, her family said in a statement.

REUTERS

NBCU's streaming service 'Peacock' to launch in 2020

2 Comcast Corp.'s NBCUniversal will name its upcoming streaming service "Peacock," offering a broad slate of original content, including "Dr Death" starring Emmy and Golden Globe winner Alec Baldwin, the company said on Tuesday. Peacock, which will also offer classic sitcoms like "The Office" and "Parks and Recreation," is scheduled to launch in 2020, NBCUniversal said. The company owns

traditional television network NBC, whose logo features a peacock. The service will compete with streaming giant Netflix Inc. and Walt Disney Co.'s upcoming Disney+ streaming service as well as other digital subscription options, as traditional media companies seek to attract online viewers. Details on pricing and distribution will be announced closer to launch, the media company said.

REUTERS

Virginia gov puts state on path to carbon-free 2050

3 Virginia Gov. Ralph Northam signed an executive order on Tuesday with a goal of producing all of the state's electricity from carbon-free sources by 2050 in an effort to reduce the commonwealth's impact on climate change. The order has an interim target of producing 30 percent of the state's electricity from renewable sources by 2030. With the order, Virginia joins several other states that have already set 100

percent clean energy goals, including Hawaii, California, New Mexico, Maine, New York and Washington, according to Environment America. In 2017, natural gas fueled 50 percent of Virginia's net electricity generation, nuclear power provided 33 percent, coal fueled almost 12 percent and renewable resources, including hydropower, supplied more than 6 percent, according to the U.S. Energy Information Administration. REUTERS

Pirates' Vázquez arrested on child solicitation charges

4 Felipe Vázquez, a star relief pitcher for the Pittsburgh Pirates, was arrested in Pennsylvania on Tuesday on charges of soliciting an underage girl for sex and sending her an obscene video, authorities said. Florida authorities began investigating the Venezuelan-born Vázquez in August after learning of allegations he had a sexual relationship with a teenager in Lee County, the Florida Department of Law Enforcement said. The girl is now 15.

In a video that Vázquez sent to the girl in July, he performed an unspecified sexual act, the statement said. Vázquez could not immediately be reached for comment. The identity of his lawyer was not immediately clear. Major League Baseball in a statement said that Vázquez was placed on administrative leave following his arrest. "We take this matter, and these charges in particular, extremely seriously," Pittsburgh Pirates President Frank Coonelly said. REUTERS

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Move would benefit both neighborhoods, governor says.

The Baker administration is reviving the idea of expanding the Boston Convention and Exhibition Center in Boston's Seaport and wants permission to sell the Hynes Convention Center in the Back Bay as part of a consolidation of the city's event and convention space.

Gov. Charlie Baker's budget office announced Monday afternoon that the administration will file legislation to authorize the Massachusetts Convention Center Authority to sell the Hynes and set the proceeds from the sale aside to help fund an addition to the BCEC that would open 200,000 square feet of additional space, a significantly

Baker proposes expanding Seaport Convention Center by selling Back Bay's Hynes



The Boston Convention and Exhibition Center at the Seaport opened in 2004.

smaller expansion than the one approved by state lawmakers just before Baker took office.

200K

Proceeds from sale of Hynes would help fund an additional 200,000 square feet of space at the BCEC.

Selling the Hynes and expanding the BCEC will enhance economic activity in both neighborhoods — Back Bay and the Seaport — and will create the possibility for the redevelopment of the desirable Hynes location, Baker said.

"Boston is a popular convention destination, and there has been market demand for larger, more flexible event space in re-

cent years. This expansion will meet demand, unlock greater economic potential, and support the creation of new jobs," Baker said in a statement. "Our plan will make Boston's convention space more efficient and maximize new economic opportunities in both the Seaport and the Back Bay, benefiting the City of Boston and the Commonwealth."

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Free parking and meals are also provided.

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6 Tips for becoming an ethical shopper



NerdWallet is a personal finance website.

impact, says Casey Taylor, a partner in Bain and Company's retail practice. Investing in reusable, high-quality or easy-to-repair items can help minimize purchases.

3. Seek secondhand goods

When you choose previously owned items, you aren't contributing to the labor and materials needed to make new goods. Check thrift shops, garage sales and community groups like the Freecycle Network for inexpensive — or free — finds.

4. Choose slower online deliveries

"Trying to create a perfect world or be a perfect consumer is not at all realistic," says Dr. Ellis Jones, author of "The Better World Shopping Guide" and assistant professor of sociology at College of the Holy Cross in Worcester, Massachusetts. "We just have to try our best to practice and get better at navigating this so that collectively, our dollars start moving things in the right direction."

Shopping ethically starts with educating yourself and supporting the products and companies that align with your values.

1. Check certifications and ratings

Labels such as "Fair Trade Certified" or "USDA Organic" signify that a product's supply chain has gone through some level of vetting. However, standards can vary widely.

"It's not that those labels are meaningless, it's that their meaning has been watered down," Jones says. "Most consumers don't have enough information to know whether that particular fair trade certification, organic certification or sustainable seafood certification is a weak one or a strong one."

2. Shop less often

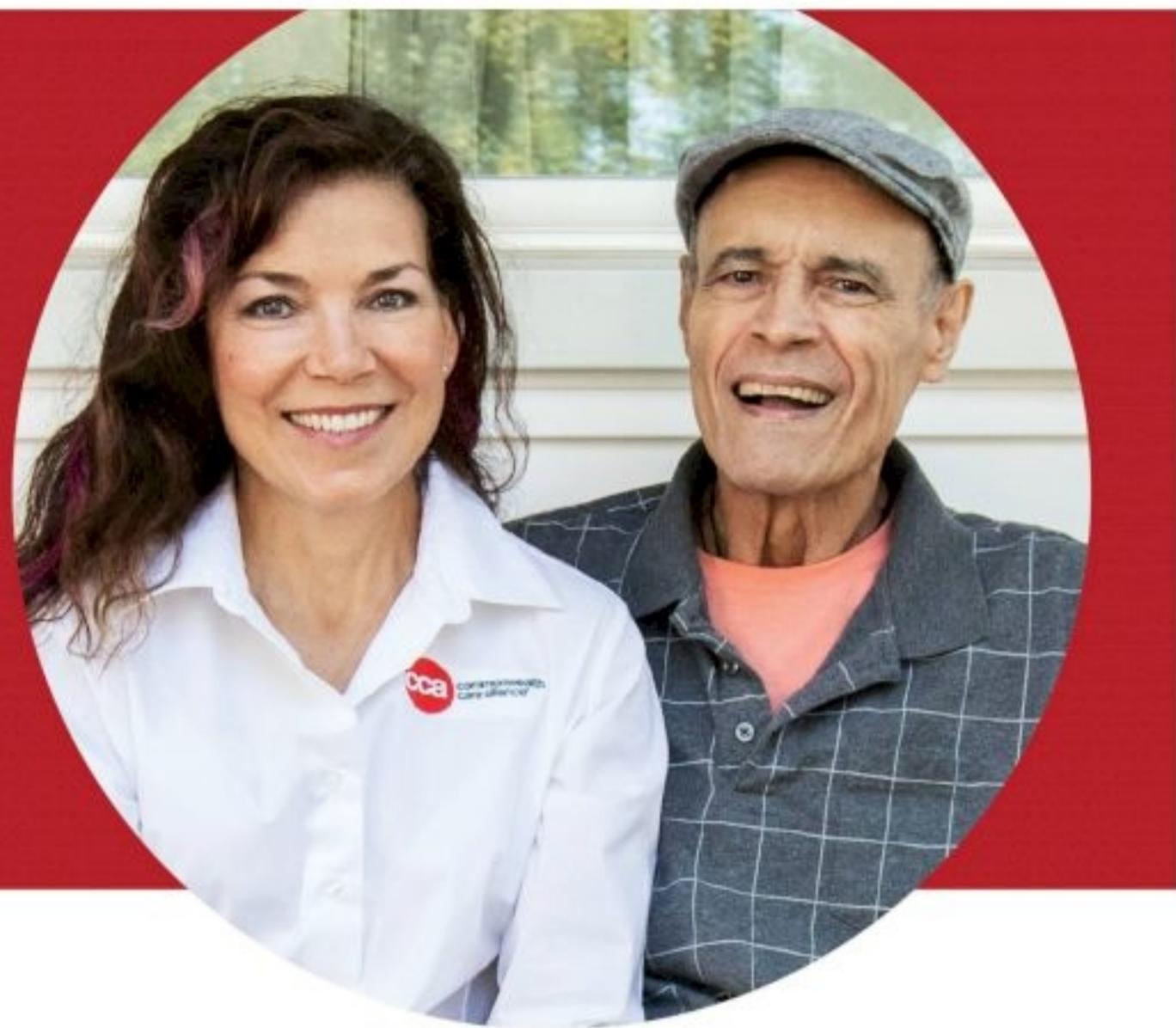
Overconsumption takes a toll on our wallets and the planet. Before buying something, think about whether you really need it. If you do, look for options that have a lesser

6. Pick a responsible financial institution

Financial institutions and products are part of the equation, too, Jones says. You can search for a bank or credit union that's committed to social and environmental values. Community development financial institutions, for example, help underserved consumers build credit and acquire loans.

Some credit cards automatically donate to charitable causes like nature conservation and cancer research with every purchase. Consider applying for one that donates to causes important to you. **LAUREN SCHWAHN**

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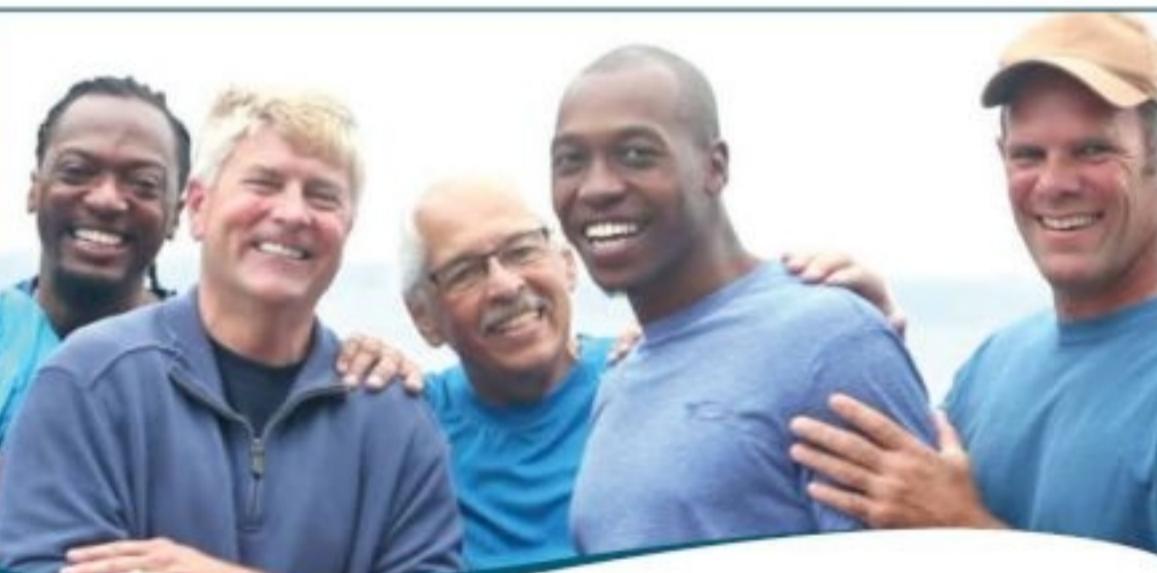
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A (realistic) guide to gradually stopping consuming meat



Are you a prostate cancer survivor?

Did you undergo prostate removal?

If you are a male, age 40 or older, and have had prostate cancer and undergone surgery for removal of your prostate, you could be eligible for a clinical research study.

Researchers at Brigham and Women's Hospital are looking at the effects of testosterone replacement therapy on the symptoms of testosterone deficiency in men who have undergone removal of their prostate for prostate cancer. There are 15-19 study visits. Study participants will undergo an extensive health evaluation, blood tests and screening for various health conditions during the screening period.

Study compensation of up to \$570, parking, and meal vouchers will be provided.

For more information, please call 617-525-9132 or visit <https://rally.partners.org/study/prostatecancersurvivors>

If you want to stop consuming meat, whatever the reason may be, these small changes can make a difference.

LUZ LANCHEROS,
MWN
letters@metro.us

Devastating wildfires that destroyed the Brazilian Amazon have left several problems on the table. The most serious one is the deforestation caused by extensive agriculture and livestock. In fact, if you talk about the latter, it takes at least 20 times less land to feed a vegan than a carnivore and up to 4.5 kilograms of grain are needed to produce just 0.4 kg of meat, according to PETA's (People for the Ethical Treatment of Animals) official website.

189

A single cow can drink 189 liters of water per day. More than 9,080 liters of water are needed to produce 0.4kg of meat.

But if for you the Amazon stopped being important after #PrayForTheAmazonas, think about what red meat can do to your body: Your heart, for example, would benefit if you stopped eating meat. A 2013 study by the University of Oxford showed that vegetarian nutrition could reduce

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the risk of heart disease by 32 percent. And if you talk about cancer, WHO put processed meats in the same category of risk generators such as asbestos and tobacco. It also influences as a risk factor for diseases such as diabetes, stroke and obesity, among others. But how much can we really cut out meat and how?

Small steps to make a big change

It is well-known that if a food is eliminated from your diet radically, anxiety for it will increase. And a person's health condition should always be evaluated.

"You have to do a previous evaluation, with laboratory tests, blood counts. See if there is no anemia or nutritional deficiencies before making that decision," Susana Dávila Herrera, nutritionist, says. She explains that when you start replacing meat, you can consume more carbohydrates to give the body that feeling of satiety. But this change must be gradual and above all, protein replacement

THE TREND OF 'MEAT THAT IS NOT MEAT'

Impossible Foods

They do everything based on science, but above all, they recreate popular "meat" dishes, but plant-based. They even recreate the flavor. They started with the hamburger in 2016 and by 2019, they had already improved the recipe with 30 percent less sodium and 40 percent less saturated fat. They have announced partnerships with Burger King, among other restaurants. Beyond Meat, their competitor, did the same with KFC and the two are already public companies. Impossible has \$300 million in investor funds and Beyond more than \$10 billion in market funds. Their premises are based on the fact that these products are made from plants but they taste like meat. There are also studies of products made with animal cells, which are still not on the market.

is key.

"You have to look for replacements. Chicken, fish and egg, which is a protein of high biological value. That is, it is a very good protein, almost 100 percent absorbable by the body and does not increase cholesterol. It also has vitamins and minerals. There are also vegetable proteins such as tofu, lentil and in salads you can include cheese, yogurt, peanuts, nuts. And you should not resort to processed meats. That should not be in anyone's diet," she adds.

But how to cut it out if just the smell of some

meat being cooked can turn anyone into that crazy shark from "Finding Nemo"? Well, you have to make sacrifices.

"It's like when you want to lose weight: You will have to say no to sugar. And it is better to do it little by little, until it becomes a habit and the taste is not necessary. And you have to do it right, with the help of a professional. If you cut out meat and have a good diet, you won't even need to supplement," she concluded.

Maybe it's more a matter of habits than hashtags.



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October 2019	Site
Thursday 3	Longwood Medical Area (next to Dana-Farber Cancer Institute)
Saturday 5	The Latino Health Insurance Program, Inc. (Framingham)
Monday 7	Charles River Community Health (Waltham)
Tuesday 8	Bowdoin Street Health Center
Wednesday 9	South End Community Health Center
Tuesday 15	Lawrence Larsen Rink (Winthrop)
Wednesday 16	Charles River Community Health (Brighton)
Wednesday 23	The Center at The Heights (Needham)
Thursday 24	The Dimock Center
Monday 28	Belmont Council on Aging
Tuesday 29	Bowdoin Street Health Center
Wednesday 30	Brookside Community Health Center
Thursday 31	South Shore YMCA (Quincy)

Dana-Farber's Mammography Van and Dana-Farber Cancer Institute at Whittier Street Health Center possess a valid license and certificate of inspection issued by the Massachusetts Department of Public Health.

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LIFESTYLE



Greta Kline of *Frankie Cosmos* on slowing down (to a certain point)

The prolific songwriter discusses her newest album, "Close It Quietly."



PAT KING
patrick.king@metro.us

The music that songwriter Greta Kline creates

inhabits the small moments of life in an abundant way. For years, she has been recording her own brand of bedroom pop under numerous

monikers and uploading them online at the same pace that many of us exercise. These days, the creating process has slowed down

only a little as she has settled into her most notable persona — Frankie Cosmos — releasing her second studio album for Sub Pop earlier this month, "Close it Quietly".

The album — recorded with her longtime band mates, Lauren Martin (synth), Luke Pyenson (drums), and Alex Bailey (bass) — finds Kline delivering one of her most focused and immediate selections of songs to date. And as with her past output, this is saying something, as the 21 songs that are included on "Close it Quietly" hover just around two minutes on average with some clocking in around thirty-to-forty seconds. When she reaches two and a half minutes on

the album's closer, "This Swirling", it feels like she is reaching prog territory in comparison. The record feels like the work of an artist who has spent years consistently putting in the work. A culmination of constant sharing and experimentation with song craft.

But with the band's ever-busy touring schedule, Kline's output has slowed down to only one or two releases per year — as opposed to, say, five — with an emphasis on creating the right representation of her creative mind-set at that point in time.

"Before we were a 'real band' I was just putting out music every month," says Kline of the process of releasing music at this point in

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her life. "Every time I made a demo I was putting it out. Now it seems like so much less to me. In the past it seemed like I was putting out everything I thought of. Now it's like, I'll write ten songs and one of them will make it onto an album."

With someone as prolific as Kline is, the emphasis on chiseling time out to record amidst the recording and touring cycle has put things into perspective. "I think my time at home has a different meaning to me now," she explains. "Because we tour so much of most years. When I'm at home, I really want to be working on something. For us, this past Winter was that. Just being able to record feels different than when you're touring. It just feels like precious time."

With so many ideas being brought to the table, she has found a real partnership with her band, whose contributions to the new album provide the right amounts of impact and pathos when required.

"I feel like we've

over the years, developed a really good style of communication with each other. We have more of a streamlined way of communicating. It's always hard because it's four people talking about what we should do with a song," Kline explains. "Something that I really appreciate about my band is they know when a song doesn't need to be added to. There are a couple of solo songs on the album where they were like, 'Yeah, I don't think we can add anything to this'. Then when they do have something to add, they're like, 'Yeah, maybe we could add this there'. That makes me trust them. They're not greedy players (laughs)."

In a way, being a fan of Kline's music brings a sort of reliable constant to your life. As every five or six months or so, you are bound to hear a continuation of her story through a collection of short songs that will catch you up on how she is feeling at that given time. It's like a conversation is resuming after being interrupted. I ask

Kline if she views each song cycle in this way.

"I don't even think about the collections of songs as they're going to be an album," Kline says. "I think it does function in the way that you're saying where you get all of these snapshots and of course you have more of an understanding on a bigger thing because it's a bunch of short things. But I think it could be any bunch of short songs, it's just whatever I have. I think they're connected because they're from a similar time in my life. I write about the same stuff over and over, so that will also make them a little more similar or connected in some way. I don't necessarily think about the way the songs are working together to represent something, it's more that each one is a small moment and if you want to you can piece them together in some deeper understanding of life, or my life, or whatever."

Make sure to catch Frankie Cosmos tonight at the Royale.

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All signs point toward Bill Belichick and Tom Brady going for broke this season.

The six Super Bowl rings are fine and dandy, but the ultimate glory in pro football has yet to be achieved by the greatest head coach and greatest QB of all-time.

The perfect season remains Belichick and Brady's albatross, and what transpired in the Super Bowl against the Giants 4,245 days ago still stings. The 18-1 jokes still sting.

It truly was the one that got away, and it should be regarded as the most brutal loss in Boston sports history. Never was the Holy Grail in professional sports so close to being captured, and surely there will never be another chance for that

OPINION

MATT BURKE

Matt Burke is the Executive Sports Editor at Metro US and the Editor in Chief of MetroBet.



level of glory. That was the thought for every Pats fan back on Feb. 4, 2008 – the day after Eli Manning and David Tyree spoiled the soup.

The undefeated season is the trump card in any sports bar argument about which franchise is the best of all-time.

and going 19-0 would separate Belichick and Brady for eternity.

Belichick, a noted football historian, knows this. Brady knows this.

It's easy to say that neither of them have anything left to prove, but that's not giving their competitive spirit enough credit. They crave challenges ... they live for challenges ... and 19-0 is the ultimate challenge.

So, in 2019 – with both Belichick and Brady nearing the end of their careers, they're shooting for the moon again.

The Antonio Brown signing was what put this theory over the top for me.

When do the Patriots ever welcome THAT big of a distraction? When do the Pats jeopardize their salary cap situation for the rest of the year in September? And why do they suddenly care so much about



Bill Belichick's defense hasn't allowed a touchdown this season.

running up the score in these September games? Haven't we been trained over the

years to believe that September is nothing more than an extended pre-season and that

the real Patriots won't find their groove until sometime after Thanksgiving?



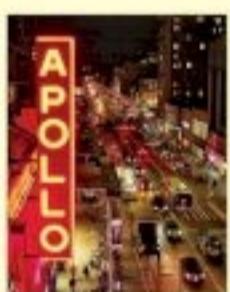
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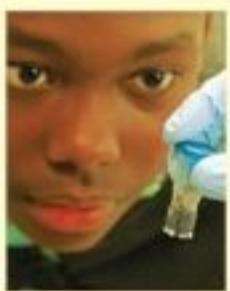
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Belichick called time outs late in the fourth quarter of the past two blowout wins in order to secure the defense's no touchdown streak.

Something is up.

The Brady contractual stuff also screams that something is up, as it's easy to envision Belichick and Brady talking before the season and agreeing to take one more crack at it.

Truth be told, this might be Belichick's last season as well.

Going back to his original "Football Life" documentary 10 years ago, Belichick said: "I'm not going to be coaching into my 70s like Marv Levy. That's not happening."

Well, Belichick is now knocking on the door of 70 at 67 years of age.

There's also the odd circumstances surrounding Josh McDaniels, who had to have been promised something a year and a half ago when he abruptly backed out of the Colts job.

McDaniels is now 43 years old, and has to want his own crack at this thing at some point.

The timing of everything is just too curious, including the fact that Belichick picked this season to build the most

talented roster he's had since 2007.

Belichick knows damn well that the Patriots have a cupcake regular season schedule this year.

Absolutely everything breaks well for them.

They essentially have two bye weeks this year, as they have a Thursday night home game against the pathetic Giants on Oct. 10. Their next game is the following week on a Monday night, giving the team 11 days of rest.

They also have their real bye in Week 10, right after their first real test (a Sunday nighter at Baltimore) and right before a showdown in Philly against the Eagles.

It's all a perfect storm for a perfect season.

Belichick and Brady are going for it.



Tom Brady and offensive coordinator Josh McDaniels.

GETTY IMAGES

metro BET

NFL betting: Seeking value for league MVP

We're two weeks into the 2019 NFL schedule and the MVP odds at [MetroBet.us/Sugar](#) look relatively the same as they did on Labor Day.

HERE ARE THE TOP 10:

PATRICK MAHOMES	+250
TOM BRADY	+500
AARON RODGERS	+1200
CARSON WENTZ	+1200
RUSSELL WILSON	+1400
LAMAR JACKSON	+1600
DAK PRESCOTT	+2200
BAKER MAYFIELD	+2500
DESHAUN WATSON	+2500
JARED GOFF	+3000

As always when looking at Futures, it's a great idea to go with value.

Mahomes and Brady are unlikely to grab the award at season's end due to voter fatigue.

Only two players have

won the award in back-to-back seasons in the past 25 years (Brett Favre in 1995 and 1996, and Peyton Manning in 2008 and 2009), so a Mahomes double-dip is unlikely even if he continues to have a strong season.

And Brady, who won the award two years ago, is unlikely to produce the same numbers that he did in 2017. Plus, the narrative surrounding the Pats' dominance this season will be centered on its defense.

As for value here, it might be a good time to jump on Carson Wentz at +1200 as he's coming off a poor outing against the Falcons. Aaron Rodgers looks good too at +1200.

If the Packers continue to win (they're

2-0), Rodgers will soon be lumped into the Mahomes-Brady tier.

Going deeper down the list, Saquon Barkley at +3300 is a stayaway as voters rarely reward players on bad teams.

The NFL is due for a running back to win MVP, however, as we haven't seen one since Adrian Peterson did the trick in 2012.

Offering great value here is Saints RB Alvin Kamara at +4000.

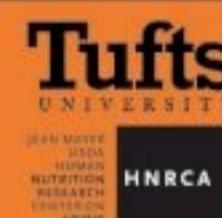
New Orleans will need Kamara to be Superman now more than ever with Drew Brees banged up, so look for his already gaudy numbers to climb.

The play: \$5 on Wentz, \$5 on Rodgers, \$5 on Kamara to win MVP

MATT BURKE

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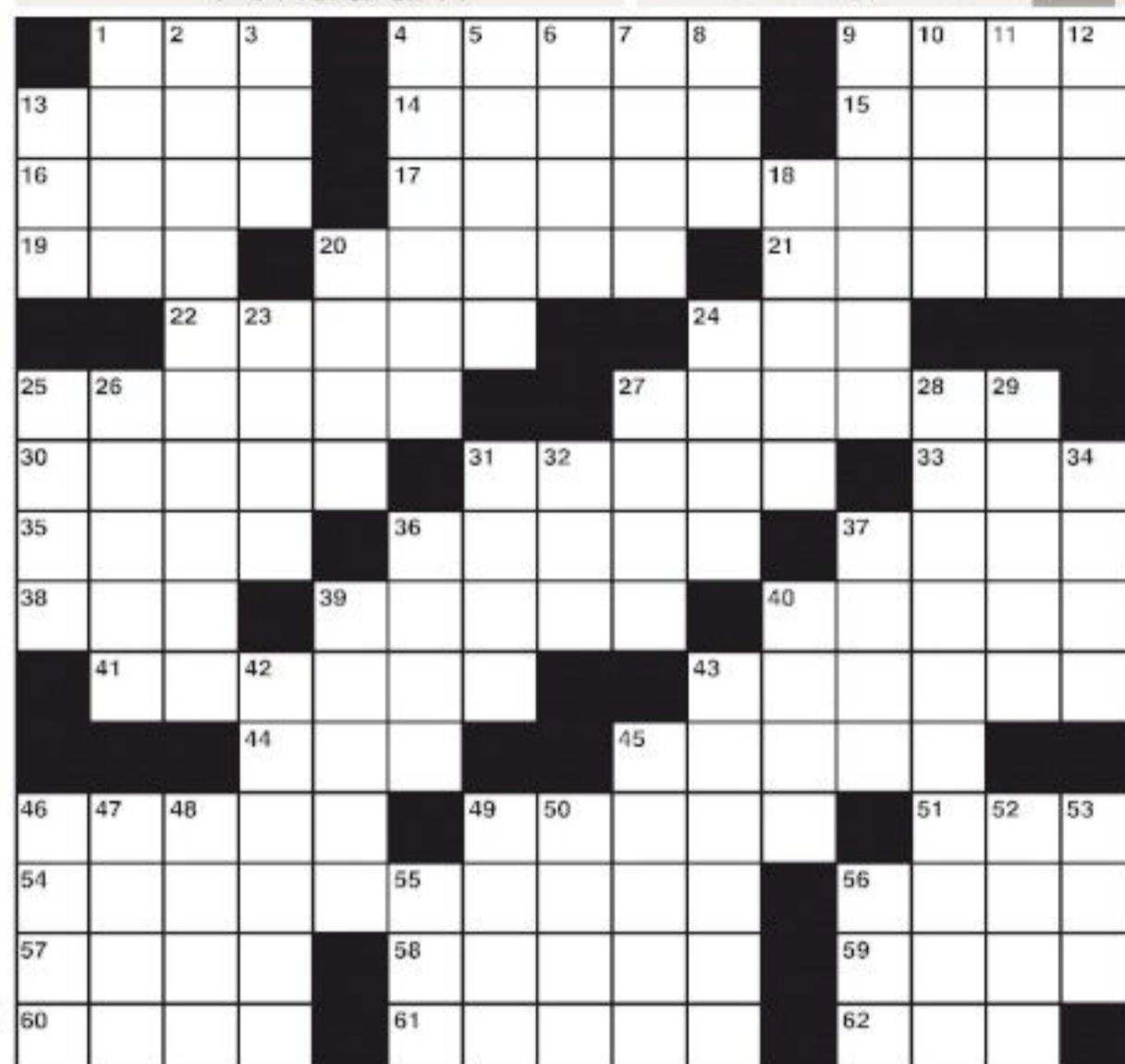
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ACROSS

- 11 Clamor
4 Leftover fragment
9 As __ as molasses
13 Horse's hair
14 In a __; quickly
15 Hairy fruit
16 Pesky insect
17 Parties with wedding cakes
19 Incensed
20 The Mamas & the __
21 Hose down
22 Run and wed
24 Olive Oyl's hairdo
25 Pouty moods
27 Stick around
30 Grown-up
31 T-bone or New York
33 Cistern
35 Bona fide
36 Male animals
37 Actress Behrs
38 Tit for
39 "Dancing with the __"
40 "Ave __"
- DOWN**
- 1 Plato or Carvey
2 Deficient
3 Badminton court divider
4 Sandal features
5 Thin pancake
6 Costa __
7 King toppers
8 Get-up-and-go
9 Winter Olympics sport
10 Wild feline
11 __ up; admits guilt
12 Shrewd

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- 41 Wiggle room
43 Deep narrow valley
44 Razz
45 Tendon
46 One-masted sailboat
49 Smiles
51 "I've __ it!"; cry of disgust
54 "Alice's Adventures in __"
56 Person listed in a will
57 Suffix for bear or wash
58 Brink
59 Military force
60 Mattel products
61 Look of contempt
62 " __ Miserables"

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9	4				8		7	
2		1		3			5	
4		5			3			
8		3		2			6	
	2		6			4		
6		2			7		1	
5	7				6	8		
	4		6	8	5			

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Aries You'll appear to be more transparent if you remove yourself from a situation before making a decision. Time spent with a loved one will give you a different perspective regarding long-term plans.

Taurus Get moving. Your actions will affect how your day unfolds. An aggressive attitude will help you reach your objective and encourage positive change.

Gemini Spend more time nurturing a relationship with a loved one. Whether it's a youngster, friend or romantic interest, what you share will bring you closer together. Personal improvements are favored.

Cancer If you don't do the work, you can't expect to be rewarded. If you set your priorities and a budget, you'll live up to your expectations. It's OK to be different.

Leo Be open to suggestions, but when it comes down to making a decision, do what feels right. If you act prematurely, it will end up costing you emotionally or financially.

Virgo Make changes based on experience. Look for something new and exciting to incorporate into your everyday routine. A close friend or relative will offer valuable information.

Libra Refuse to fit into a slot that doesn't suit you. Make your voice heard and your priorities clear. If you don't speak up, others will make decisions for you.

Scorpio If something excites you, take a chance on it. Your enthusiasm will help you coax a loved one or co-worker into joining your pursuit.

Sagittarius Look at every angle before you get involved in something that has been hyped by someone who is a good talker. Protect yourself against those trying to take advantage of you.

Capricorn Take an interest in your home, possessions and plans to make your life better. Projects that will add to your assets and ease your stress are favored.

Aquarius Don't let anyone limit what you can do. Take care of details personally and avoid setbacks. If you abide by the rules, you'll reach your goal. A commitment can be made.

Pisces A change may tempt you, but you should take a test drive before making a move. The grass may look greener on the other side of the fence, but don't be fooled by appearances. —EUGENIA LAST

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ASPS	COLLECTING	
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EDIFY	FEE	
EASILY	BEASTS	
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HINT	FAINT	MINI
OCT	SALES	COAST
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